

Welcome to our Group Exercise Program at SLO Kennedy Club Fitness

We look forward to meeting you and helping you with your fitness goals through our diverse program offerings. We have sessions for cardio, cycle, strength, and mind/body, as well as specialty classes. Mix and match to suit your needs. All classes are included in your membership. Reservations are required for ALL classes. Down load the "K" app or reserve your spot online: www.kennedyclubs/download-reserve

 CARDIO



Group Groove® will make you sweat with a smile during this energizing hour of dance fitness. It's a sizzling cardio experience that is a fusion of club, urban, and Latin dance styles set to the hottest current hits and the best dance songs ever produced! IF YOU CAN MOVE, YOU CAN GROOVE!



Group Fight™ is an explosive cardio workout fueled by MMA moves from inside and outside the octagon. You are your own opponent in this high energy experience that borrows training styles from mixed martial arts, kickboxing, Muay Thai, Karate, and funtional athletic training and more! Bring your own mat for last 10 minutes of conditioning and stretching at the end of class.



* Group Active® gives you all the fitness training you need – cardio, strength, balance, and flexibility – in just one hour. Get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements. ACTIVATE YOUR LIFE!

SMASH HIIT

Smash your workout in this 45 min High Intensity Interval Training (HIIT) class. SMASH HIIT is a high energy, athletic cardio training class. HIIT workouts improve strength, biild lean muscle, and maximize calorie burn during and after the workout.Our team will give lots of options to personalize your workout. Bring your own mat.

MIND / BODY
(Please bring a yoga mat)



Group Centergy® will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey. REDEFINE YOUR SELF.

***PILATES**

Pilates mat classes focus on toning and lengthening while promoting posture, coordination, and balance. This functional training approach works "from the inside out" by activating the deep core muscles and promoting spinal mobility. Great for all levels of fitness and ability.



BARRE CONNECT

BarreConnect is a powerful low impact workout that concentrates on major muscle groups. Using the principles of dance conditioning, the balance of yoga and the core work of Pilates, BarreConnect creates a lean, long, toned physique.

*** YOGA
YOGA
SCULPT
YOGA Flow**

YOGA is a balance of body, mind, and breath. Yoga will move through a variety of poses to increase strength, flexibility, balance, and stamina while improving posture and coordination.**YOGA SCULPT** combines yoga sequencing with strength training using body weight and free weights. **YOGA FLOW** is a more dynamic practice that encourages a Vinyasa approach with a focus on continuous movement with breath. Bring your own mat, towel, and a cover up to keep warm during the relaxation at the end of class. All of our yoga classes will guide you through progressions so you can work at your own individual level.

*** RENEW
STRETCH &
BALANCE**

RENEW STRETCH & BALANCE will improve your flexibility and balance with easy-to-follow exercises that will focus and improve core stability, mobility and balance. All fitness levels welcomed. Bring your own mat.

SPECIALTY

DANCE MIX

Dance Mix is a variety of dance formats all rolled into one. It's a fun packed hour of moving to the beat with easy-to-follow dance moves. Have a party on the Dance floor with this full body Cardio workout! Best of all, no previous dance experience needed.

***AQUA**

Aqua classes are a great way to workout while minimizing stress on your joints. You will get a combination of cardio, strength, and flexibility training in this one hour class. Let's you enjoy our outdoor pool at the same time. Please wear sun protection, and bring drinking water to class.

*** CORE
CIRCUIT
30**

CORE CIRCUIT 30 focuses on the muscles that support the spine, including the abdominal muscles, back muscles, and pelvic floor muscles. Through a series of exercises performed in a continuous circuit. A 30 minute class with options for intensity shown through out class. Bring your own mat.

*** MINDFUL
MOVES**

This gentle fusion class blends soft yoga stretches with mindful Qigong and Tai Chi movements to calm your mind, improve balance, and ease tight joints. It is a slow, nurturing practice suitable for all levels, focusing on deep breathing and flowing energy. Bring your own mat.

***MOVE IT**

MOVE iT is designed for those looking for simple basic easy to follow movement patterns in a motivation group atmosphere. It will improve your coordination, keep your heart strong, and your body healthy for daily activities. Very fun cardio workout without the impact. Let's get up and MOVE iT!

CYCLING

TOUR-45

TOUR-45 is a 45 minute indoor cycle class that is geared for everyone because you are in control of the gear on your bike. It involves various cycling drills. We will guide you over hills, climb mountains, through valleys, and across the flats. Great tunes for a great fun cardio workout. Bring a towel and water.

STRENGTH



Group Power® will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! POWER UP!

**MUSCLE
UP**

Get ready to combine body weight training with free weights to create a continuous workout challenge. We will incorporate upper body, lower body and core to build total body strength. You'll improve mobility and functional movement using core stability. Let's build total body strength in just 55 minutes. LET'S MUSCLE UP! Bring your own mat.

*** SMART START CLASSES - The classes marked with * are designed to ease the beginning exerciser into their fitness journey: however, all of our classes are designed to accommodate multiple levels of fitness and ability. If you have any questions please contact Group Exercise coordinator Sylvia at the club 781-3488. Our team is looking forward to helping you meet your goals.**